

The
Gastric Regions



and
Victualling Department.



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To William Bird Esq with
the kind love and best
wishes of the Author -
January 1868

THE
GASTRIC REGIONS.

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GASTRIC REGIONS,
AND
VICTUALLING DEPARTMENT.

BY AN OLD MILITIA SURGEON.



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THE GASTRIC REGIONS,

&c.

THERE is no reason whatever why a treatise on the gastric regions should necessarily cause the same kind of emotion on perusing it as a November fog or an east wind, or that it should pinch up the features like the “mulligrubs.” The gastric regions are not always in a sulky humour; they have gleams of sunshine and serenity, like the other regions of the earth; nor are they always turbulent and disorderly;—and why, therefore, should we be always serious and gloomy when we write or talk about them? They have many

occasions of considerable enjoyment ; they are well cared for upon most fête days ; and there are no entertainments proposed, either for the individual or for the multitude, at which they are not present, and where, sooner or later, their personal requirements are not attended to. Their adventures then ought, on this account, to afford some amusement ; the investigation of them might be expected to excite a smile, and even occasionally a broad grin, rather than the vapours or the megrims ; and above all things, their extensive experience in all matters relating to eating and drinking should create a laudable anxiety to have their internal economy investigated, under every aspect and condition that their wonderful temperaments, moods, and conditions will permit.

The gastric regions, historically, have existed for ages, and from time immemorial, investigators innumerable have been engaged in exploring them; books by hundreds have been written describing their position, structure, and internal arrangements, and, like that never-failing topic of conversation, the state of the weather, everybody you meet has something particuilar to say respecting them.

This ceases to be surprising when we consider their vast extent and innumerable subdivisions; that they pervade all parts of the habitable globe where animal life exists; that, unlike the temperate and other regions, which are mere localities on the surface of the earth, the gastric regions extend over the whole earth, and even into the waters under the earth; and that

wherever a man or a monkey, a bird or a fish, a bluebottle fly, or even an oyster, is to be found alive, each of these distinct and very diverse animals has, as it were, a gastric region of its own, by which it lives, moves, and has its being, and to the demands of which, irrespective of age or gender, it is bound to pay deference by a law more imperative and unchangeable than those famous laws of the Medes and Persians, of ancient date and far-famed celebrity.

“From the elephant to the mite, from the eagle to the gnat, from the great leviathan to the smallest worm, as well as from the whale to the mussel,—nothing, in fact, that has life can live without food;” so says the amiable and observant Christopher Sturm; and it may

be also added, without a gastric region, for it is within the gastric regions of each animal individually, and wholly irrespective and independent of those appertaining to its neighbour, that this food must be deposited; and when it is there deposited, as prompted by appetite, inclination, or any other propensity, it is for the purpose of being converted, by a process more or less agreeable, for the sole use and benefit of the animal imbibing it. No wonder, then, that the gastric regions are all-important in the animal economy: they are highly excitable, easily provoked, and especially liable to be puffed up and inflated; they are also querulous and very capricious, uncertain in their likings and dislikings, and they very frequently, with

great ingratitude, prefer an enemy to a friend.

Now it is very difficult for the general public to gain a proper knowledge of the mysteries of the gastric regions; they are a sealed book to superficial observers; hence, it becomes the more advisable that deference should be paid to the opinions and instructions of those who have employed their time and applied their talents to the investigation of those regions; for, without a chart, cruising for amusement, either by steam or otherwise, in those latitudes will be found neither safe nor agreeable. Gales spring up very suddenly, especially in what is known as the *Colonade*, or middle passage, and the distress occasioned thereby drives men to their wit's

end. The troubles that sometimes ensue can no more be explained by the term "tempest-tost," than a ripple on the Serpentine would convey an idea of the heavy swell of the Atlantic, which, Barnum and other great authorities assure us, is a very heavy swell indeed. Hence a light cargo, and a steady look-out, are always to be commended in climates so variable; and in the gastric regions these precautions are especially necessary; for, when half-seas over, or *Bacchi plenus*, sudden surprises are agitating and inconvenient, — even laughter, which is occasioned by agitating the diaphragm, can scarcely be indulged in with safety, inasmuch as by agitating the diaphragm you frequently agitate its neighbours, and thereby run the risk of absolutely foundering from *hic cup*, palpi-

tation, or some convulsion or other. Quietly "laying to" then, as the seamen term it, is your only safe course in such a predicament.

Books without number, we repeat, have been written with a view to a correct understanding of these wonderful regions; nevertheless, the interest in them has in no way abated. Serious men and sober philosophers have told us all they know about them, and yet the subject is not exhausted: the commotions in the gastric regions have gone on as usual, presenting all the varying aspects of a Tipperary faction fight, which, in spite of broken heads, and other consequences too serious to be made a joke of, have often a vast amount of fun and amusement in them, and no personal pain or temporary in-

convenience can ever entirely divest them of a ludicrous or comical character.

Perhaps, then, we may find a little fun in inspecting the gastric regions in a less serious humour than usual ; and it is not improbable that the victualling department may afford us some information worth the trouble of the inquiry, as well as something to laugh at also : at any rate, there can be no harm in trying to derive amusement, even from such unpromising materials.

Old Cornaro, and wise Benjamin Franklin have left behind them many wise saws, and some capital lessons on the means of improving the health, and eking out life to a good old age, by attending duly to real wants and necessities ; but their philosophy is rather rigid, and their precepts,

though excellent and truthful, involve so many sacrifices, and they require so much personal self-denial, that it is not surprising, in these halcyon days of fast life, to hear them pronounced *slow*, or that few people think them exactly suitable to their individual cases.

“I want some plan laid down for me, my dear doctor,” said a rosy-faced, jocund volunteer, burdened with more weight and rotundity than was agreeable or convenient to him,—“I want some plan to be invented for me that will make me, like Tom Sayers, able to bear knocking down twenty times without feeling it, and to get up at the end of the last round in better wind than at the beginning. Now surely, doctor, you must know how this is to be done; Tom submitted to all this, as

you are well aware, and was as jolly at the end as he was at the first; and why should not I, or any other fellow, get into such trim, if we try? You have not spent all these years studying people's complaints, and how to cure them, without arriving by this time at something practicable; so if you know of a *multum in parvo* pill, or anything else that will accomplish this, and that a plucky man like myself can adopt without much trouble, do tell us how to proceed, and let us have your directions in print. If your prescription answers the purpose I'll engage to make your fortune, for there are lots of people as anxious as I am to be able to accomplish the same thing. Just think about it, doctor—and if you can make the process an agreeable one, and a pleasant

thing to do, so that one can laugh and enjoy oneself during the performance, why so much the better; but do not on any account forget that I want to be able to bear *knocking* down, not *pulling* down: I can't stand that,—any heavy weight of a doctor can do that; but to bear *knocking* down and not minding it, that would be a grand state of condition to attain, and would add immensely to the importance and efficiency of everybody, and of the volunteers beyond all others."

My jolly, good-humoured friend is quite right; he wants no more than a thousand other flatulent Britons would give half their goods and chattels to possess, namely, the strength of Samson, with the appetite and luxurious tastes of Apicius or Helio-gabalus, the noble proportions of a portly

fat buck, with the wind and endurance of a Highland gillie or a bogtrotter from the Emerald Isle. It is to be lamented, but neither Paris nor Pereira have left behind them any prescription for pill or potion that will accomplish this much-coveted result, and even the far-famed elixir vitæ, with all its inflated eulogia, proves as potent as the so-called "Bass" in imparting rotundity, ending in fat or flatus, otherwise "Vox et præterea nihil!"

It has yet to be discovered how men can eat, drink, and be merry from year's end to year's end, and partake of what is termed facetiously *moderate living* every day, that is, of a little of everything that tickles their palates or pleases their fancy, and yet retain a vigorous constitution. To be a fat bencher or a pursy commercial,

with gasping aspirations to be an active and effective rifleman at the same time, must remain, as yet, among the things to be hoped for; for no composition of Kitchener's, or later production of Soyer's that we have ever heard of, has hitherto been able to flap into working order such heterogeneous materials as fat and flatus and bone and muscle. We may perhaps see our way a little clearer as we proceed, and by some friendly hints, honestly given and kindly accepted, obtain by a compromise something satisfactory for the gastric regions, and at the same time be most advantageous and strengthening to our friends the public, and also to the ardent spirits just now at fever heat enrolling themselves in the military service of their country.

If anybody could be found bold enough to put out an advertisement, with a little swaggering assertion to back it, something to the following effect, what an army of clients the dashing fellow would get!

TO FAT PEOPLE.—Fourteen-stone men of five feet six, reduced speedily to ten stone, and made to look at least two inches taller, without interfering with their usual rations, or diminishing the quantity of their ‘Bass’ or tobacco.

N.B.—No physic requisite, nor does the Professor apply a wet blanket.

A flaming announcement of this sort could not fail to be a flat-catcher. This would promise something like a balm of Gilead, a Rarefying that the genus *homo* might justly be proud of. We wonder the thing has not been attempted, for we really think, with a few modifications in

respect to the rations, and some reasonable arrangements about the ale and tobacco, that all the other portion of the promise might be partially, if not to the full extent, accomplished as laid down in the programme sketched above.

The proposal to effect all this without physic would probably diminish professional faith in the nostrum, yet it would be an unwise thing to make it *compulsory* that no physic should be taken. It would, perhaps, be possible to compromise the matter by making it optional whether the physic ordered was swallowed or thrown away—the patient might pay his money and take his choice, and in that case, physic might be included in the curriculum, and the doctors, as a body, thereby be conciliated. An arrange-

ment of this kind would not be an imprudent thing for the Volunteers to make, for the medical tribe are very useful in their way; and when the Volunteers get in front of an enemy or into the trenches, the doctors will assuredly be in great requisition. It would therefore be very unwise, as well as very ungrateful, to disparage them, as some of the public have latterly done, very much to their own discredit; for at some period or other every one has been under deep obligations to the doctor: the infant might have been smothered at its birth, or died of convulsions while cutting its teeth, without his timely aid; through youth, manhood, and old age, to the last moment of man's existence, the tender care and skilful ministrations of the kind doctor have

soothed the sufferer's pain, and poured balm into the heart of the mourner, warming up sympathies between him and his fellow-men that will endure even unto the end. The healing oil (qy. castor), that they pour over the troubled waters of the gastric regions in their direst and most turbulent commotions, will, some day or other, be appreciated, and its learned administrators receive their just reward, if not in heavier fees, at any rate in more affectionate remembrances. May the advent of that "good time coming" be expedited, and common sense speedily prevail over quackery. We hope that that auspicious time, when quackery of every kind shall bite the dust, is really approaching, and that "preventive measures," where they can

be adopted, and “curative measures,” where the former are unsuccessful, may be practised by a learned, liberal-minded, and well-tested body of medical practitioners *only*, who, with perfect faith and trustful allegiance, enjoying to the fullest extent the public confidence, shall become in *repute*, as they are *in fact*, the real guardians of the public health.

Returning to the inquiry of my jolly young friend. Adherence, for a year or two, to a very moderate amount of excusable *dissipation*, had, in a person of his cheerful temperament, brought on his present infirmities — *fat* and *flatus*. It will therefore be evident that the object he is aiming at, and the successful treatment of his case, depend, not upon one remedy or upon one mode of treatment, but

upon a proper adaptation of several agents or remedies, of which *dissipation*, though in a very widely different sense to the one in which he has hitherto practised it, must form a very important curative agent.

It is well known, as remarked by Mr. Wadd, "that the Egyptians were a wise people, especially in medical concerns, and they thought that so much depended upon diet, that they dieted their kings, and prescribed by law both the quality and quantity of their food."

Unfortunately, none of these bills of fare have been preserved; not that it would be desirable that the Legislature should enact a law for the regulation of people's diet, and make it an offence and a misdemeanour to tamper with the provisions; still, there can be no doubt that,

if the fare at public dinners were restricted to a joint and a pudding, that the health and mental faculties of a large number of Her Majesty's subjects would be improved thereby, and morality and virtue be largely increased among them. Human life is, unquestionably, lengthened or abridged according to the suitableness or unsuitableness of people's diet; and the "*Materia Alimentaria*" are quite as important as the "*Materia Medica*;" and, in every question affecting health, strength, or physical development, quite as necessary to be inquired into.

There are men who are possessed of such powers of digestion, as never to feel themselves incommoded by the quantity, or even by the most heterogeneous qualities of their food. They seem to

have a double stomaeh, with the grinding properties of a gizzard superadded.

Nicholas Wood, strangely mentioned by Fuller as one of the worthies of Kent, was a person of this stamp. He describes him as being "a landed man and a true labourer." He was afflicted with a disease called *Boulimia*, or *caninus appetitus*, and could devour at one meal what was provided for twenty men; he could also eat a whole hog at one sitting; and at another time thirty dozen of pigeons; and, stranger still, "people made mirth at his malady." Fuller gives no description of this *worthy* man's appearance, so we have no means of knowing whether his diet agreed with him. Instancees of a capacity for spirituous potations are very numerous. One may be mentioned, whose

appetite for strong drinks was continuous, and almost unlimited. This man, in company with a Bardolph of his own habits and tastes, actually performed the almost incredible feat of walking from Hyde Park Corner, along Piccadilly and down the Haymarket, drinking a glass of gin, rum, or brandy, at each and every gin-shop in his road. He arrived at his destination apparently little the worse for his exertions, and professed his readiness to repeat the experiment, at the expense of any one who would patronize the attempt. As a class, spirit-topers are generally lean and ill-favoured.

The late celebrated traveller, Dr. Clarke, alluding to the pyramids of Egypt, says: "The mind, elevated by wonder, feels at once the force of the axiom, which, how-

ever disputed, experience confirms,—that in vastness, whatever be its nature, there dwells sublimity ;” and the late Mr. Wadd, of facetious memory, gravely invites attention to those human Olympi and Caucasi, as “ *great* objects of interest, filling a *large* space in society, and affording us no small matter of amusement and instruction.”

From the earliest period these mountaineers have been conspicuous ; and, notwithstanding Malthus’s theories for thinning the population, and the efforts of Mr. Wadd and others for thinning the person, “ *bodily bulk* seems as much in fashion as ever ; and, judging from the manner in which the jolly gentlemen of the age are progressing, the march of fat folks seems likely, at any rate, to keep pace with the march of intellect.”

It has been said, that personal beauty depends, in a great degree, upon eating and drinking; and that the ugliness of the Calmucks is owing to their feasting upon raw flesh. It has also been surmised, that the inverted feature so remarkable among Irishmen is mainly to be attributed to their fondness for potatoes. This subject deserves further investigation; and we may look forward to the time when, by judicious dieting, we may always secure a never-failing supply of handsome women, and good-looking, well-developed men to match them.

There are some men always on the alert to discover the most nutritious articles of food; and they feed away upon their last grand discovery. These people should be informed of the notable example of the

effect of chocolate, related by the late Dr. Munday, who says, "that he knew a man in a desperate consumption, who took a great fancy for chocolate; and his wife, out of complaisance, drank it often with him: the consequence was, that the husband recovered, and the wife had three children at a birth." This was assuredly a result never anticipated, and says a great deal for the chocolate, which, we presume, was manufactured by young "Fry."

An old writer remarks, very justly, "that no one can, with impunity, follow his own will and pleasure, and attend only to the dictates of a depraved humour and extravagant fancy, eating and drinking whatever he listeth, and living at whatever rate he pleaseth; every one is bound," he says, "to observe the injunc-

tions and laws of nature, under the penalty of forfeiting their health, strength, and liberty, and the true and long enjoyment of themselves." If, for instance, a man possessed *one* only of the advantages possessed by a vegetable, there is no knowing to what a *size* he might grow ; for a vegetable is generally rooted to one spot, and is always in close connection with its food ; while a man, having to wander about, is necessitated to take *his* food at intervals, long or short, as he can find it.

To those, then, that are blessed, as they term it, with a never-failing appetite, the absence of this advantage may really be a blessing in disguise ; for a close and unlimited supply of food, and an inordinate desire to devour it, would speedily lead to gastric evils of no ordinary dimen-

sions, and far beyond the power of physic to remedy. It is dangerous, in many ways, to trust persons of this kidney with the keys of either the larder or the cellar, or to place them, for long, in close connection with their aliment.

A happy, contented fellow made a remark, that he never felt conscious that he possessed a stomach, except at those regular intervals when he felt hungry, or wanted something to drink,—wants which he contrived, somehow or other, to satisfy, of proper quality and in due quantity; and as soon as these wants were attended to, his stomach appeared to go to sleep, and he never heard of it for some hours. Another poor devil, of a discontented turn of mind, was always complaining that he was perpetually reminded that he not only

had a stomach, but several feet of intestines appended thereto, and that *their* wants and necessities demanded constant care and undivided attention, unlimited indulgence having had the effect only of increasing their clamour. It was suggested that they should be treated as culprits, and condemned to hard labour and short commons,—a practice that proved successful to the fullest extent. Persons afflicted with weak stomachs, that are always craving after improper indulgences, should never get into the habit of staring at the smoking viands in a cook-shop window, or of repeating, from memory, a bill of fare of Simpson's or Verey's; let him rather ponder over an ode of Horace's, or tickle his fancy with a joke from *Punch*. These precepts,

trifling as they may appear, are worth attending to; we continually pray to be delivered from temptation, and we have no more business to tempt ourselves improvidently, than we have to tempt our neighbours or a poor relation. In matters relating to eating and drinking, it is really unpardonable; for the mere sight of food or drink is, at times, an infallible and very exciting stimulus to the appetite,—just as light is to the eye, or a suffering object to the compassionate.

It is, therefore, a very unwise thing to lead a weak stomach into temptation, and still more unwise to permit it to fall by the tempter's skill: the punishment is sure to reach the unlucky one, sooner or later; and, in very many instances, it is inflicted with a severity vastly disproportionate to

the offence. Bear this, then, in mind,—it is not the quantity or the quality of food taken into the stomach which indicates the amount of support it will afford; only that portion of it that is digested and assimilated proves useful; and hence, the surest way to impart strength is to give the kind of food which abounds most in the elements of which the system is deficient, and in such quantity as is best suited to the stomach's powers and to the state of the constitution at the time. When the mind is deeply engaged, the wants of the body are generally unperceived and unattended to. This has been well exemplified in the case of Sir Isaac Newton, who, from seeing the bones of a chicken lying on a plate before him, fancied that he had dined, whereas, in reality,

he had eaten nothing for many hours. Herodotus, also, ascribes so much efficacy to mental occupation in deadening the sense of hunger, that he speaks of the inhabitants of Lydia having successfully had recourse to gaming as a partial substitute for food during a famine.

The anecdote just related of Newton may be regarded, in some degree, as a triumph of mind over matter. The following story of Brummell, when a lad, may serve as an example of an opposite condition of the body corporate, in which materialism prevailed over intelligence, and the boy foreshadowed the man to the very letter:—There lived at Kilburn, some fifty years ago, a lady who possessed a handsome house and sundry broad acres of the best land in Middlesex. Here it was

her custom frequently to entertain a circle of friends, with excellent fare and a hospitable welcome ; and upon one of these occasions was brought the *boy* George, afterwards the *beau* Brummell.

The boy was greedy, selfish, empty, and conceited ; and when he became a man, he did not put away his boyish characteristics. At the dinner-table of the old lady, he gave a good specimen of the greediness of his nature and the fleshly vulgarity of his disposition ; for, after stuffing himself almost to bursting with the viands of the feast, he sobbingly regretted his inability to stretch himself to dimensions commensurate with his desire to gormandize.

Peter Pindar has a maxim, that the way to most men's hearts is through

their stomachs; and that a basket of game or fish, or the good things that the wine-merchant, the butcher, or the poulterer can furnish, are more potent auxiliaries to a successful suit, than the most subtle arguments of either law or equity.

Good dinners are now, as they ever have been, sure to attract visitors; and *guttling*, unquestionably, still holds an exalted place among the amusements of the people. It is much to be lamented that so much of the good cheer consumed should be so unproductive, and that, in the majority of instances, *fat* and *flatus* should be the only appreciable result obtained.

A late celebrated divine, having some very good notions of what would be

really advantageous to learning, proposed certain regulations for the holding of fellowships, that he hoped to see adopted by the Universities of Oxford and Cambridge ; they were as follows :—

That for the maintenance and support of such superannuated fellows or students who, in twenty years' time, shall not have qualified themselves for any useful purpose, there shall be an hospital built in each of the said universities, towards the building of which all the colleges in each of them shall, in proportion to their revenues, contribute, till it be fully finished, and which shall be called "*Drone Hall*," where all the said superannuated fellows or students shall be admitted, and to every one of them twenty pounds per annum shall be allowed, for their maintenance and support, by the college where they have been fellows or students ; it being fitting that this burden should be laid upon them, as a just mulct for their having bred up such superannuated persons to be *good for nothing*.

Herc, then, is a grand problem for politicians of the Bright or Manchester

school, who hold that raw material should never be wasted, and that, when worked up, it should at any rate be worth something. The solid and liquid aliments consumed by the members of clubs, among the city corporations, and by well-to-do people generally, ought to produce something better worth the money than fat, lazy, windy commodities, that are neither fit for any useful purpose, nor are even agreeable to look at.

One cannot help thinking that the "social evils" in breeches are far more numerous than those in petticoats; and that the luxurious productions just described should be *dutyfully* remembered by the Chancellor of the Exchequer when he frames his next budget of "Ways and Means."

It is possible that the plan suggested for the dull fellows of the universities might be very appropriately tried by the clubs and corporations upon some of *their* heavy feeders ; for it is but fair that they should have thrown upon their hands, as useless stock, all those members of the *corps* who, in point of utility, were inappreciable, and who could only be compared to the donkey frigates of ancient celebrity, whose negative virtues consisted in being neither able to fight nor to run away.

It is rather a stigma upon our crack "restaurants," that they cannot concoct a *wholesome* bill of fare, combining elegance and choice variety in the viands, at the same time that their dieting imparted muscular strength and handsome propor-

tions to those who habitually frequented their tables. Nobody would object to the charge, if he felt invigorated and strengthened by his repast; but, as it is at present, all they seem to think about is the pay, caring nothing how many fat and wheezy people they turn out, or how soon those who take food there get their blood corrupted, their stomachs disordered, and their bodies rendered unfit for any useful purpose.

As human nature can hardly, with safety, be trusted to its own guidance in matters relating to eating and drinking, would it not be wise, and at the same time equitable, if every customer at these places, as soon as his consumption indicated that he had had enough, should be respectfully requested to take his de-

parture ? and, in the event of a refusal, he might then be east adrift, with similar honours to those bestowed now upon the too-devoted votaries of the jolly god Bacehus, by those peculiarly amiable philanthropists, mine hosts of the gin-shops.

It would be a wonderfully successful tavern that could show an extensive assortment of fine muscular fellows, who had thriven entirely upon their cookery ! Three weeks or a month at the Hummums or Morley's would *then* be more popular than Switzerland or the Highlands, and vastly more convenient.

Just one hundred and fifty years ago, a no less important personage than a Secretary of State intimated his intention (not officially) of assuming the office of censor of

Great Britain, and of taking under his special inspection the diet of the city of London. A paper, of which the following is a copy, shortly afterwards emanated from his pen, and was extensively circulated at the clubs and elsewhere.

“I shall begin,” says the Censor, “with a very earnest and serious exhortation to all well-disposed people, that they would return to the food of their forefathers, and reconcile themselves to beef and mutton. This was the diet which bred that hardy race of mortals who won the fields of Cressy and Agincourt.

“I need not go so far high as the history of Guy, Earl of Warwick, who is well known to have eaten up a dun cow of his own killing. The renowned King Arthur is generally looked upon as the first who

ever sat down to a whole roasted ox, which was certainly the best way to preserve the gravy; and it is further added, that he and his knights sat about it at his round table, and usually consumed it to the very bones before they would enter upon any debate of moment.

“The Black Prince was a professed lover of the brisket, not to mention the history of the sirloin, or the institution of the order of beefeaters, which are all so many evident and undeniable marks of the great respect which our warlike predecessors have paid to this excellent food. The tables of the ancient gentry of this nation were covered three times a day with hot roast beef, and I am credibly informed by an antiquary, who has searched the registers in which the bills

of fare of the court are recorded, that instead of tea, and bread and butter, which have prevailed of late years, the maids of honour in Queen Elizabeth's time were allowed three rumps of beef for their breakfast.

“Mutton has likewise been in great repute among our valiant countrymen, but was formerly observed to be the food rather of men of nice and delicate appetites, than those of strong and robust constitutions. For which reason even to this day we use the word “sheepbiter” as a term of reproach, as we do “beef-eater” in a respectful and honourable sense.

“As for the flesh of lamb, chicken, veal, and other animals under age, they were the invention of sickly and degene-

rate palates, according to that wholesome remark of Daniel the historian, who takes notice that all taxes upon provisions, during the reigns of several of our kings, there is nothing mentioned besides the flesh of such fowl and cattle as were arrived at their full growth, and were mature for slaughter.

“The common people of this kingdom do still keep up the taste of their ancestors, and it is to this that we in a great measure owe the unparalleled victories that have been gained in this reign; for I would desire my reader to consider what work our countrymen would have made at Blenheim and Ramilies, if they had been fed with fricassees and ragouts. For this reason we at present see the florid complexion, the strong limb, and the hale

constitution are to be found chiefly among the meaner sort of people, or in the wild gentry, who have been educated among the woods or on the mountains, whereas many great families are insensibly fallen off from the athletic constitution of their progenitors, and are dwindled away into a pale, sickly, spindle-legged generation of valetudinarians."

On the effeminate conduct of these degenerate people the Censor expresses himself with becoming indignation, and he then proceeds to expatiate upon other degenerate practices, which, he fears, are fast helping to impair the vigour and enervate the strength of the British race. The following narrative will afford an idea of his opinions on late hours :—

"An old friend of mine being lately

come to town, I went to see him about eight o'clock in the evening, with a design to sit with him an hour or two, and talk over old stories, but, upon inquiring after him, I found he had gone to bed. The next morning, as soon as I was up and dressed, and had despatched a little business, I came again to my friend's house, about eleven o'clock, with a design to renew my visit; but upon asking for him, his servant told me he was just sat down to dinner. In short, I found that my old-fashioned friend religiously adhered to the example of his forefathers, and observed the same hours that had been kept in the family ever since the Conquest.

“It is very plain that the night was much longer formerly in this island, than

it is at present. By the night, I mean that portion of time which nature has thrown into darkness, and which the wisdom of mankind had formerly dedicated to repose and silence. This used to begin at eight o'clock in the evening, and conclude at six in the morning. The curfew, or eight o'clock bell, was the signal throughout the nation for putting out their candles, and going to bed.

“Our grandmothers, though they were wont to sit up the last in the family, were all of them fast asleep at the same hours that their daughters are busy at crimp and basset; and modern statesmen are concocting schemes and engaged in the depth of politics, when their forefathers were laid down quietly to rest, and had nothing in their heads but dreams. As

we have thrown business and pleasure into the hours of rest, and by that means made the natural night but half as long as it should be, we are forced to piece it out with a great part of the morning, so that near two-thirds of the nation be fast asleep for several hours in broad daylight.

“This unaccountable disposition in mankind to continue awake in the night, and sleep in the sunshine, has made me inquire whether the same change in inclination has happened to any other animals. For this reason I desired a friend of mine in the country to let me know whether the lark rises as early as he did formerly, and whether the cock begins to crow at his usual hour. My friend has answered me that his poultry are as regular as ever, and that all the birds and beasts of his

neighbourhood kept the same hours that they have observed in the memory of man, and the same which, in all probability, they have kept for these five thousand years."

The Censor has also some judicious remarks on drinking. He says that "while pursuing the glutton, he is unwilling to permit the drunkard to make his escape. He considers a drunkard of all vicious persons the most vicious; that a man cannot be a friend, a gentleman, a master, or a subject, who incapacitates himself for the duties and offices of life by smothering all his faculties." "That it is absurd to ply the bottle at meals without being called for;" winding up his observations by the very truthful remark, "that there are many persons who, instead of keeping

their appetites in subjection, live in subjection to them; and an equally large number who have forgotten that they ever were hungry, who are no less utter strangers to thirst or hunger, and who are beholden to sauces for their food, and to their food for that weariness that should in every instance, among rational beings, arise from healthful exertion."

We have quoted largely from the opinions of the Censor of one hundred and fifty years ago on the all-important occupation of eating and drinking, and we have done so advisedly, as we wish our readers to be informed of the fact that great differences, and oftentimes serious quarrels in respect to the quality of different kinds of aliment, and also about the reasonable quantity and variety that

should be consumed by each individual eater, were of frequent occurrence, and occasioned as great perplexity in the olden time as they seem to be creating in our own times.

But our forefathers had certainly this advantage over us, that they were conscious of the wastefulness of consuming so much good materials on productions that were not marketable; and we cannot help thinking that they would soon have discovered the advantage of forming a museum, or some other kind of collection of improperly-dieted people, with a view to the formation and introduction of a more useful and appropriate system of dieting, that should, in time, restore the muscularity of citizens, and put them into better wind and condition;—such system

of improved dieting to be first respectfully recommended for adoption, and in the event of a civil recommendation not being attended to, it should then be enforced authoritatively upon all those persons who, from ignorance or perversity, were not able to diet themselves properly.

Man has, nowadays, a considerable amount of licence conferred upon him, and notwithstanding the great fuss made about his education and bringing up, in everything that regards his stomach he is still wayward and intractable; and, as if it were solely to show his independence and distaste for advisers, he is more impatient in rejecting things that are good for him, and clinging obstinately to those that have an opposite tendency, than the veriest *ignoramus* going; for these vagaries

are generally found to be the most blindly persisted in by those who have the most knowledge, and are the best able to distinguish between good and evil, and who, consequently, knowing what is right, are the more barefaced for doing what is wrong. People of this sort are generally great adepts in physic, and they take a great deal of it ; but physic, for the most part, is nothing else but a substitute for exercise or temperance.

Medicines are, indeed, absolutely required in acute distempers, that cannot wait the slow operations of these two great instruments of health ; but did men live in an habitual course of exercise and temperance, there would be but little occasion for them.

Bleeding, blistering, or cupping are

seldom of use but to the indolent and intemperate; and the greater portion of the physic prescribed among us may be looked upon, for the most part, as an expedient to make luxury in all its various forms in some degree consistent with health. The doctor is thus perpetually employed in countermining the machinations of the cook and the cellar-man.

It is said of Diogenes, that, meeting a young man who was going to a feast, he took him up in the street, and carried him home to his friends, as one who was running into imminent danger, had not he prevented him.

What would that sagacious philosopher have said had he been present at the excesses of a modern dinner? Would he not have thought the master of a family

mad, and have begged his servants to have tied down his hands, had he seen him devour fish, flesh, and fowl; swallow oil and vinegar, wines and spices; bolt down salads of twenty different herbs, sauces of a hundred ingredients, confections and fruits of numberless sweets and flavours?

What unnatural commotions and wonderful fermentations must such a medley of intemperance produce in the body! Surely gout, dropsies, rheumatisms, fevers, and apoplexies, with innumerable other little demons, must be lying in ambush among the dishes and decanters at such a spread!

The inflaming kind of diet here described, and which is so much in fashion, heats the body without nourishing it, and

in no way contributes to its health or vigour; and people may rest assured that health and strength are best promoted by plain and simple diet.

Every animal but man keeps to one dish: herbs are the food of one species, fish of another, and flesh of a third; but man falls upon everything that lies in his way—not the smallest fruit or excrescence of the earth, scarce a berry or even a mushroom, can escape him.

If we look narrowly, then, into the occupation and amusements of many with whom we daily converse, we shall find that most of their hours are taken up in the three important avocations of eating, drinking, and sleeping, and the remainder of the time in idleness, or doing nothing at all.

Now we may fairly ask the question, are such people likely to be remembered one moment after their disappearance? They leave behind them no traces of their existence, but are forgotten as though they had never been. They are neither wanted by the poor, regretted by the rich, nor celebrated by the learned. They are neither missed in the commonwealth, nor lamented by private persons; their actions are of no significance to mankind, and they might have been performed by creatures possessing no intellects, no affections, no sympathies, nor any ties connecting them with their fellow-men, and, provided they had the one thing needful, the money wherewith to pay, they might, under Providence, have stayed among us as long as they liked, and when it suited

them, have disappeared, and no one would have cared a button for either event.

The following epitaph might well be written and stereotyped for the whole genus :—

Here a fat citizen quietly lies,
Nobody laughs and nobody cries.
Where he's gone or how he fares,
Nobody knows and nobody cares !

It must not be imagined, however, for an instant that our good-natured, afflicted *bon ami*, to whose lamentations over his accumulations the reader is indebted for these lueubrations on the mysteries of the gastric regions ;—it must not be imagined, we repeat, that we intend to dispose of him and his ease with merely a few general observations ; it would be unkind—nay, almost insulting, to treat him so seurvily,

by dismissing him so summarily, and he would have a just and reasonable complaint for maltreatment.

No individual on consulting a doctor is quite satisfied to be told "that he was like the rest of them," "that his case was a very common one," "that a black draught would readily dispose of it," and "that, although he had paid his guinea, he need not come again." A bowing-out of this kind would be taken in very serious dudgeon by anybody, and by no one more so than by our young friend, who had already—for Heaven knows how long—been practising sily, but most unsuccessfully, with black draughts and scidlitz-powders—to say nothing of dinner pills, charcoal biscuits, and lozenges in every variety.

It is not to be imagined, then, that this gentleman would permit his case to be so slurred over, however much we ourselves might desire so to dispose of him. No, this case must be gone fairly into, and may propitious Fate accord him and us a creditable deliverance !

It is usual among doctors to note occasionally any striking or prominent peculiarity in the contour and physiognomy of their patients ; but while a general outline of this gentleman's appearance is here faithfully given, it would be highly improper if the description were made so perfect, and the resemblance so accurate, that his friends should recognize him *instantly*, or be able to say decidedly, "Thou art the man."

It will be sufficient for our purpose to

describe him as we knew him a few years ago, and also as he is now introduced to our notice, having been, as he describes it, gradually deteriorating for the greater part of that period.

He was then a pleasant-looking person, about five feet six or seven inches high, under thirty, and well-proportioned. He had bright, cheerful eyes, a clear complexion, nut-brown hair, rather thin on the top of his head from having gone in heartily for a beard and whiskers when quite a boy, and which were now flourishing luxuriantly on his chin and cheeks, to the manifest injury and disadvantage of his top-knot.

He had a pleasant smile, good features, and a merry, agreeable voice, while his general appearance was prepossessing,

and his manners gentlemanlike and well-bred.

He said he was strong and active then, that he rode, swam, boated, and cricketed as well, if not better, than two-thirds of his companions ; that his wind was good and his spirits capital ; that he enjoyed dancing amazingly ; and that, from being well up in all the new figures, and thoroughly *au fait* with both his arms and his legs, he had always a full share of the best partners.

In short, he was popular and rather "the thing" in a mixed assembly ; to which, perhaps, his being a bachelor, with easy means and a not very laborious or onerous profession, may have, in some degree, contributed.

It must be borne in mind that this

description applies to a gentleman some years younger than the rotund puffy valetudinarian who now presents himself. The general resemblance might be traced without much difficulty, especially by those who were in the habit of meeting him occasionally ; but, unquestionably, all his former charms were wofully obscured by his increased proportions ; and it must be admitted that, like strawberries or gooseberries, increasing the bulk had failed to improve our friend, as it fails to improve the fragrance or the flavour of the fruit in question.

It would perhaps be an exaggerated stretch of imagination to suppose a Brussels sprout enlarged to the proportions of a drumhead cabbage ; but there is, nevertheless, some slight analogy in the two

cases, and it must be confessed that my stout-hearted, jolly little friend, who was fresh as a rosebud a few years ago, looked now more like a full-blown peony, whose bright and beaming ruddy blossoms had been unduly forced into a premature maturity, and whose ephemeral beauty any rude, untoward shaking would speedily scatter to the winds, leaving nothing but a stalk behind. Let us hope, however, better things for "Buckskin."

Very fortunately Buckskin had no real malady, at any rate he was sound at the core, and his ailments were more oppressive than dangerous; moreover, he was a plucky fellow, as his strongly-expressed desire to be an epitome of Tom Sayers affords ample and irrefragable proof.

His chief source of vexation was his

increasing size, especially in that particular part of his body upon the undue development of which nobody likes to be either flattered or congratulated.

He had increased in bulk and diminished in activity almost imperceptibly. It first manifested itself in some slight difficulty in buttoning his waistcoat, and in his nether garments feeling rather tight and uncomfortable. After a little time he imagined that his back and shoulders were slightly receding, and that his waistband, and every thing for some distance below it, were proportionately advancing, so as to render it necessary to make some little effort to attitudinize into a position, ere he could inspect satisfactorily either his knees or his Wellingtons.

The next misgivings arose in reference

to his favourite amusement, dancing. He could scarcely believe it possible that his *arms* were getting shorter, but he certainly found it more difficult and embarrassing to encircle his partners as formerly in the waltz or polka, or even to steer them through a whirling bevy without a bump or a concussion, which it must be admitted he did, in times gone by, most successfully, and for which he was much appreciated as a very desirable partner, and called all the pretty names that pretty lips dared to whisper.

For a time he consoled himself that the crinoline occasioned the want of room, and that the necessity for stretching so much made the girls feel heavier and less flexible than he used to find them. But this weak delusion after a time broke

down, and with a puff and a mopping, he felt compelled, after a turn or two, reluctantly to resign himself to the wall, with the melancholy conviction, that he was rapidly becoming too fat for a zephyr, and with the still more ominous presentiment that the "Dowagers" would, ere long, be the only club open to him, and that their set would be the most appropriate to retire among.

Poor Buekskin! A few years ago he weighed barely nine stone, and now, he grieves to avow it, eleven kicks the beam. Fat and flatus, he fully believes, are threatening to overwhelm him, and are rapidly putting an extinguisher upon all his bodily pleasures and amusements. It is useless to remind him that the good things left to him surpass the evils that

beset him in the proportion of twenty to one, fat and flatus are the bitter waters of his existence, and to dissipate them he is willing to forego dissipation of every other sort, kind, or variety.

Now it would be quite impossible to fix upon the real Buckskin from this general account of him, which may be quite as much like his lieutenant, or any other member of his corps, as himself, for anything we know to the contrary. At any rate, we are acquainted with a score of good-looking fellows among the Volunteers, who will be each fancying that he is the man, and who would look kindly upon any friend or relation who could trace a resemblance. Be that, however, as it may, we fully believe that the Civil Service, the Inns of

Court, and the West End alone, without entering the City precincts, would furnish scores of Buckskins, ready to do battle for the portrait; and if London and the rural districts were included in the competition, we should abandon as hopeless every expectation of finding a jury of feminines who would agree in a verdict, and put a seal upon the original.

There is nothing that troubles an uneasy man more than to be told that he has no reason to feel uneasy, and nothing makes a right-minded man more dissatisfied, than to know that he is himself the cause of his own discomforts. This latter fact, to Buckskin's credit, he now heartily believes, and with the loyal determination of a true-hearted Briton, he is anxious to begin the work of reparation at once,

and become, as soon as practicable, at his country's call, an active and effective; stout-hearted volunteer.

Now we have no intention to lay down authoritatively what Buckskin must be prepared to do, but it might be well to particularize a few things that he had better avoid.

The fact must never be lost sight of, that we have to strip him of 20 pounds weight, at the least, of soft, flabby fat, very little firmer than *cold* cream. But this latter would hardly be an appropriate name for it, seeing that Buckskin was now scldom cold—in fact, he generally found every place oppressively hot, and almost every room too small for him to breathe comfortably in. To say the truth, he had become very restless, and his more

intimate friends had for some time remarked, that an ordinary chair was no longer the seat that he fixed upon, but that a well-stuffed sofa, or soft couch, if to be had, was at once selected, as the most suitable, and best adapted to his cumbersome condition.

It must be confessed that Buckskin felt a little ashamed of this increasing infirmity, and at times he made a powerful effort to resist the seductive inclination, but it evidently was getting the better of him, and he felt uncomfortable accordingly. The truth must be told, he really was getting luxurious ; life in London was fast vanquishing him, as Capua corrupted even Hannibal himself.

As dieting a little different from Buckskin's wont will form an important item

in Buckskin's treatment, it may not be an improper time to state that we have never been able to discover whose gastric regions were the first to become disordered, or to ascertain the precise period when man first began to cook his food.

We know nothing whatever of the first dyspeptic, nor the name, nor the country that produced the first cook. We strongly suspect, nevertheless, that the cook was anterior to the complaint, for we read in the most ancient and veracious of all books, that flesh was ages ago frizzled over a wood fire, and eaten as food, and then that blains and boils innumerable broke out continually on the bodies of the children of men.

Post hoc ergo propter hoc, is a well-known axiom among logicians, and the

adage that Providence sends us food, and that the cooks come from below, is now looked upon as a fact undeniable, and nobody attempts to question it.

Here, then, we have some clue to poor Buckskin's misfortunes ; and we hope very shortly to be able to show, by the strongest and most unimpeachable evidence, that a great portion of his ailments have arisen from no flagrant errors of his own, but that they have mainly been produced by the delinquencies practised by cooks and purveyors, in obedience to a morbid and ill-regulated fashion in culinary proceedings, and which are breaking up and destroying the *primæ viæ* of Her Majesty's liege subjects, in a manner and to an extent compared to which the intended operations of Mr. Train, in Mary-

lebone, would, as respects consequences, be a charming and most agreeable innovation.

Now, we have no intention whatever to institute invidious comparisons between ancient and modern cookery, or between the performances of our forefathers and those of our contemporaries in the management of the victualling department.

All things considered, we moderns have incomparable advantages over those who came earlier into the field; for science and intelligence, and the vast extension of trade and commerce, and, above all other causes, the bounty and goodness of God, have furnished mankind with the raw materials of aliment of greatly superior quality, and in tenfold greater variety, than it ever fell before to the lot of man

to enjoy. But, with so much to choose from, why should the abominations of gross, greasy cookery be called in?—the sole object of which appears to be to overpower, and in some cases utterly to destroy, all the natural flavour of wholesome viands, and by means of vile butter, pickles, and a frizzling and stewing that dissipates all the nutritive and flesh-forming properties of good provisions into a soft, sour, peppery, and fat-flavoured mess, that no one can tell whether it be fish, flesh, fowl, or red herring,—a mess replete with gastric irritants, and that has nothing whatever that is wholesome or useful in it—its sole recommendation consisting in its being soft, and that it creates a relish for weak acid wines, which only add immensely to the

abominations. People are very inconsiderate in not reflecting upon these matters; and it is by no means an easy task to induce them to look every now and then at the provender that passes down the *red lane*.

Perhaps a fact or two may arouse attention. Into all English cookery butter enters as an important item; at any rate, the butterman's weekly bills generally show a good round figure for *kitchen-butter*. Now just read the following extract from the *Times* of March 7th, 1860—this very year:—

With regard to the mixtures foisted on the London public as butter, the duty on which is now to be abolished, it is stated by respectable houses in the trade, that the usual consumption of Irish butter at this period of the year, in London and the surrounding districts, is about 10,000 casks weekly; but that this year it is under 3,000 casks—‘a fact attributable

entirely to the immense importation of stuff, called butter, from Holland and other foreign countries.' In summer, when the make of butter is at its largest, these countries shipped from 6,000 to 7,000 casks weekly. At present, they send from 13,000 to 14,000 casks a week, when it is impossible to produce that quantity in its genuine state. Of these 13,000 casks, more than two-thirds are adulterated with farina, beef suet, and other substances, to the extent of 30 to 50 per cent.

It is impossible to estimate the evil consequences to human health that must result from the habitual use of such so-called butter, which, in addition to its other qualities, has the property of becoming rancid, or semi-rancid, far quicker than the genuine article.

Now the use of an inferior quality of butter for culinary purposes is a practice by no means confined to taverns, confectioners, hotels, or clubs, or even to City

feasts, for it is well known to every house-keeper well to do in the world that there are two kinds of butter always charged in the weekly bills, and it is equally well known that the butter that fries the steak, makes the melted butter and lobster sauce, and even that occasionally finds its way into the pie-crust, would be ordered summarily out of the room, were it by chance placed on the breakfast-table, or discovered on the muffin in the evening.

Be it remembered that this kind of *butter cookery* is going on every day, that it is not holiday fare, nor even for a feast day, which an otherwise well-to-do stomach might, once in a way, vanquish and overcome; but that this victimizing is the daily rule of life, and not the occasional exception; and, alas! the prac-

tice is extending, with no chance whatever of stopping even where Dickens's hairdresser drew *his* line, namely, of never shaving below a baker. So the Dutchman may go on manufacturing — John Bull will, we verily believe, swallow it all, and continue to do so as long as he has a stomach or an intestine left.

Again, let any one who has been living upon the soft and sentimental kind of provender that Buckskin has been luxuriating in for the last few years, ask himself, or refer to his dentist for a correct report upon the state and condition of his teeth, and especially those that, as a boy, he cracked his nuts with, or ground down flinty Abernethys until they were soft enough to swallow ; what sort of an answer would he get? Why, in nine cases out of ten,

it would be to the effect that the hapless inquirer had been a continual martyr to tooth-ache, and that now, alas! the only teeth he had that he could venture to bite a crust with were those that formerly belonged to a walrus or an hippopotamus, and that Mr. Cartwright or Mr. Sandon had kindly adapted to fit his mouth, when the powerful jaws of the animals referred to had no longer any further use for them.

Verily the soft, sour, peppery *entrées* now forming so large a portion of our daily fare would eat through iron just as readily as they demolish enamel; and if this goes on much longer, neither the great College of Surgeons nor the small College of Dentists will be able to supply tooth grinders in sufficient number to

meet the increasing necessities of this afflicted community.

There are other consequences besides the premature failure of the tooth crop that are clearly traceable to the same flabby dieting, and it will startle a few folks when we announce what they are.

One is the alarming increase of bald heads upon the shoulders of men under forty! *Tonseurs*, in high feather, are manufacturing top-knots of every size and dimensions, from a few straggling hairs to an entire case for the cranium, and in colours so variable and extraordinary that no pen can describe them. But it won't do; the fact is patent to all the world. Bald heads are increasing rapidly, and the people no longer look upon them as evidence either of age or of wisdom.

And, alas ! what are we to say about complexions, — the clear, transparent Anglo-Saxon skin, blue eyes, rosy cheeks, elastic step, and busts like alabaster ! Where are they flown to ? Dissipated, beyond all doubt, by the flimsy diet, and the up-and-doing, scrambling, restless, fast life that both sexes lead ; faster and faster still, their motto, and weaker and weaker still, their strength to continue it.

It has been asserted that there is ever an understratum of sound principle in the actions of the majority of mankind that can well sustain the misdemeanours of a few, and the eccentricities of a large number, upon its surface without deterioration.

We subscribe to this doctrine in every other particular, except in the matter

of eating and drinking. Where is this boasted understratum to be found? is it in the kitchen or the servants' hall? *Ma conscience!* as Dominie Samson has it,—no!—*emphatically No!*

If any difficulty ever arises in providing provender for the establishment, ask any one if the difficulty emanates from the upstairs portion of the household, or with the dwellers below!—and who are the first to grumble if the food should perchance run short, or be a little below the average quality, from a short supply at market, deficient harvest, or any other unavoidable cause!

Who are the parties that can never make a light meal, or understand the necessity for retrenchment? are they the spirits above or the spirits below—the

upper or the understratum? Shall we look for this vaunted majority among the artisan class? surely not; for the excesses of Sunday and Monday, in innumerable instances, leave them nothing to fall back upon for the rest of the week: so we say again, we have no ground to rest upon, if we look to the *understratum* to introduce improvements in the victualling department.

No; it is to sensible men like Buckskin that we must look for relief, and through him, and others equally impressed, that the victualling department must be reformed, and an efficient commissariat organized.

The disturbances in the gastric regions must be put an end to by just and reasonable treatment, and proper and appropriate

aliment secured to them by placing all purveyors, cooks, and others employed in the preparation of food under due supervision.

The company of Cooks having the entire control over the victualling department, the corrupt practices emanating therefrom have grown to such enormous proportions that the entire Volunteer force, numerically strong as it appears to be by the last return, will be scarcely sufficient to cleanse this Augean stable.

A stout heart or a strong arm will avail nothing if oppressed by a stomach puffed up and inflated, and an asthmatic condition of the lungs; and whatever confidence the nation may have in the valour or discipline of its gallant defenders—and no one doubts for an instant either the

one or the other—neither will avail anything if the gastric regions are disorderly, or the individual's heart faint from a luxurious or a dainty stomach.

Buckskin, therefore, occupies at this moment an important and highly commendable position : he has felt and honestly testified his present inability to take his station as an effective rifle-volunteer ; and, with the valour, pluck, and strong will of a true Anglo - Saxon, he has manfully determined to shake off his lethargy, his fat, and his flatus, and to conquer or die in the attempt.

Buckskin having satisfied himself that it is a good thing to have a strong, well-exercised body, ready to be put at the shortest notice to any work of which such body is capable, and to do it well, is

anxious, most anxious to provide this good thing for himself, and he seeks it accordingly; and his gallant desire and patriotic example will, beyond all doubt, be appreciated throughout the length and breadth of the land. The Volunteers will henceforth see the immense importance of trying their wind as well as their weapons, and looking as narrowly into the quality of their rations as they are now doing into that of their ammunition.

It must by this time be quite clear that we have treated the case of Buckskin in a manner widely different to that of an ordinary, every-day patient. As we have before remarked, he had occasionally treated himself with a black draught; and the other articles of the "Materia Medica" that he had from time to time indulged in,

had, no doubt, been all prescribed *secundem artem*, as we doctors say, though the prescriptions were not ours, but most probably were prescribed by himself, or by the chemist at the corner over the way.

We had long known our volunteer to be a sensible man, though wonderfully wayward and difficult to influence; we therefore made up our minds from the first to write no prescriptions for him; we never could have relied with any confidence upon his *taking* the physic at all—and even if that difficulty were overcome, it would have been swallowed at such uncertain and irregular hours, just as it suited him, and probably have been mixed up with so many sweets to cover the taste, that it would have been certain to have disagreed with him, and perhaps even have done

him more harm than good. Our only chance, therefore, of being of service to him, notwithstanding all his importunities for a *multum in parvo* pill, or his moaning anxiety to get his advancing waistband to retire to its proper quarters, rested upon our being able to induce him to listen to us, while we a tale unfolded, that should be as applicable to his case as it is to a great many others that we know of, similarly situated as himself. We had heard groanings and lamentations like his many times before, both from him and a score or two of other Buckskins of our acquaintance; but they had never come to anything, for neither he nor any of the others appeared to be able to do much else than groan and complain, and pronounce anathemas against doctors and

physic, and against pills in particular, because neither the one nor the other had the power or ability at a monthly or bi-monthly visitation to set that right which they were themselves every hour in the day doing their utmost to keep wrong ; we therefore looked upon the groaning as a portion of the flatus—*Vox et præterea nihil*, and nothing more. We knew too well, that as long as Buckskin and the battalion like him continued within the pale of such deteriorating, destructive influences as butter cookery, weak acid beverages, puffing away clouds of tobacco from morning to night—and while he or any of the rest of them continued to tease and torment their brains in a manner similar to the way in which they teased and tormented their gastric re-

gions, by mixing up business, pleasure, eating, drinking, travelling, dressing, lounging, talking, and every other possible and impossible pursuit and occupation, into such a mass of conglomerate bewilderment, that not one in a dozen could, for the life of them, tell when the day began or when it ended, or who is our patronymic saint, St. George or St. Vitus.

We had long ago satisfied our minds that this fashion of life could never last, or at any rate that it could never be long continued without producing brains as dyspeptic as their gastric regions, and that the former dyspepsia was by far the more dangerous to the individual and pernicious to society of the two; and that if it prevailed to any extent, and could not be timely arrested, all the epi-

demiological societies in England would hardly suffice to meet the difficulties that such an epidemic as cerebral dyspepsia would entail.

We knew all this, and by this time we hope Buckskin is persuaded of it also ; and as he is a resolute, sensible young man, we fully believe he is ruminating upon it, and that in a reasonable time he will become what he hopes to be, greatly improved in his appearance and condition, and, what is of far more consequence, that he will possess a body capable of accomplishing whatever his courage, pluck, and energy requires it to do ; and, as we have elsewhere remarked, to do it well.

Our readers, we doubt not, have long since perceived that the drift of these observations on the gastric regions and

the victualling department is to inculcate temperance and a return to plain cookery and wholesome aliment. We wage no war against variety in the choice of viands; nor do we for an instant suppose that the rations of one man, either in quantity or quality, must necessarily be equally well adapted to satisfy the reasonable requirements of another: far from it. Let each person take whatever he finds agree with him, the test being health, strength, muscular development, and a clear and active intellect.

Food that rapidly ferments is decidedly unwholesome, and should be avoided; it yields no nutriment, and is only an incumbrance. Weak ale, no matter how bitter it is, rapidly changes in the stomach, and becomes acid; so also do all weak,

poor wines, and every other thin beverage except pure water, and moderately-strong tea or coffee in small quantity.

The prevailing evil in gastronomy in the present day is that there is too much cookery, that meat and drink are each prepared solely to please the palate, and to be comfortable for an hour or two; it has no care for the morrow; hence, as we have stated elsewhere, the nutritive and more valuable properties of wholesome aliment are frittered away for a paltry ephemeral gratification, and bones and muscles are left to die a lingering death of starvation.

We should augur the worst results if we could suppose for a moment that British stomachs could persist for a month in drinking the poor thin wines

recently introduced into this country—fortunately there is little chance of *their* becoming popular, though the invasion having commenced, there will be a great many people foolish enough to place themselves in jeopardy by drinking them, if only for fashion's sake.

What are our cider and perry growers about? — both of which beverages this country can produce of the ripest flavour, and of a quality not to be surpassed all the world over. What are they thinking about?

Were a little more attention paid to the growth of the fruit and to the manufacture, and proper care taken to pack it in suitable bottles and cases, we cannot entertain a doubt that sound refreshing beverages of that stamp and character

would soon be received with favour in England, and in due time drive all the unwholesome rubbish now sold as champagne, moselle, and hock out of the foreign markets as well. Let rational people look to this a little.

But a word as we go on on something more substantial. Why have Englishmen turned a cold shoulder, as many have done, on the substantial bread and cheese, and the glass of good old ale that so cheered and refreshed their forefathers?

Nothing in the form of food, though under so humble a name, contains anything like such an amount or such an extensive variety of the elements of nutrition as this simple fare.

A man could live longer upon it than upon any other kind of food, and be

strong and muscular and otherwise healthy throughout. And why has the good old ale formerly brewed at Burton, Farnham, and other well-known places, been superseded by the poor, thin, *base* stuff, that is in *irony* said to cheer but not intoxicate?

Why, a wineglassful of good Burton, the glorious *Cwrw da*, or health-giving Stogumber, contains more musele in it than a gallon of the meagre stuff now in vogue!

The fact is, the gastrie regions of the people of these realms have beecome so dainty and so enervated by the flashy, frothy, aeeseent dieting they have had of late, that unless the public *en masse* take the matter in hand, and enter at once upon a simpler and more nutritious

method of cooking their food, our volunteers will never be anything but an *army of martyrs*, and we shall be all demolished together: the *cook*-a-doodle-doo at home will have despatched us, as well as the volunteers, long before the *cock*-a-doodle-doo on the other side of the water has made up its mind to crow again.

It is a blessing that the Buckskin section, in their present condition, forms, numerically, but a very small proportion of the national army.

There are at the least 130,000 of our gallant friends who are not encumbered with an ounce of either fat or flatus, and who are now equal to anything, "hard as iron, tough as whipcord;" but they are young and daring, and apt to cry out exultingly, "Who's afraid!"—especially

after dinner, and having suddenly undertaken work tougher and more responsible than any they ever before attempted; we have thought that timely warnings against gastric derangements, while intended principally for the general public, might convey, at the same time, a very useful lesson to them.

Besides, there are some thin and meagre Buckskins, as well as fat and flatulent ones, to whom these hints may be useful; and these are probably quite as numerous a class, while they are far more restless and unmanageable; they are, as volunteers, less amenable to discipline, and twenty times more difficult to put or keep in order than their brethren of the jolly and rotund order.

Similar dicting of the sweet, soft, sour,

peppery, acescent character, and the absence of all bodily training, that led to Buckskin's derangements in form and feature, have produced a totally opposite effect upon persons of this temperament.

The jolly Buckskins are good-humoured and a hopeful set, puffed up and inflated, it is true, but only *below* the waistband, from whence it may be readily removed, with ordinary care, and by adopting judicious treatment; the lean and meagre Buckskins have, on the other hand, the greater portion of their inflations far above that well-known zone or circle, those below it seldom exceeding the size of a boil or a pimple; in fact, their maladies are more *cerebral* than *ventral*, and the consequence is that they are dignified and proud when they ought to be

submissive, and they are generally restless, uneasy, and irresolute, when everybody about them sees the necessity for being quiet and attentive; hence these latter are generally troublesome and difficult to manage.

We have far too great a regard, nevertheless, for both the jolly and the jaundiced men of the Buckskin class to say one word seriously to their disparagement: they are all plucky and well-intentioned, and, as far as their ability goes, to be depended on. So that, looking upon them in many respects as the victims of a vicious system, we make allowances for all their shortcomings, in commiseration for their gastric infirmities, and throw all the odium of their inefficiency as soldiers upon the bad

management at the victualling department.

So, cheer up, Buckskins of both classes ; stick steadily to work through the ensuing winter ; and if Chanticleer on the other side should, in the early spring, pluck up the courage to give us a *réveillée*, our life on it, the bulk of you will be found standing to your arms.

It must be confessed that the original Buckskin introduced himself to our notice with a special object uppermost in his mind : the pugilistic encounter in which "Tom Sayers" so creditably conducted himself had but recently come off, and Buckskin himself had only about that time become a volunteer ; his admiration of Tom's prowess, courage, and power of endurance when engaging his giant-like

antagonist seemed to our friend to have been the *ne plus ultra* of human attainments in physical strength, and he could think of nothing but of entering at once upon such a course of discipline and medical treatment as would, in his hazy conception, reduce his fat and develop his muscles to the same hardened condition as those of his great prototype.

Now it must not for an instant be imagined that our friend admired the prize-ring, or anything relating to it; he had not the remotest intention to apply the muscularity and enduring powers he was seeking either for its patronage, support, or vain-glory—quite the contrary. He thought as we do, that far better use could be made of those fine proportions, Herculean strength, and manly courage,

that had been so signally misapplied in that senseless encounter.

Buckskin had a far more honourable purpose than that, we felt assured, or he would never have received either advice or encouragement at our hands; so on this point nothing more need be said.

The want of physical hardihood to endure fatigue, to bear exposure to the weather, to encounter privations and simple, coarse fare, at a time when he might be suddenly called upon to face all these difficulties, to a man of his upright, straightforward character, were ample reason for his solicitude, and gave him the strongest claim to our best help.

Despite the fat and flatus, a glance was enough to satisfy us that it would have been impossible to find a more

gallant or trustworthy comrade than himself. We therefore took a pride in initiating him into the mysteries of the gastric regions, and in making it clear to his mind that it was *their* health, strength, and good condition that must be his primary aim and object; that simple diet, taken at stated times, with intervals sufficient to create an appetite, should be his regular daily fare; that he should put nothing into his mouth merely because he liked it; that he should keep his mind from wandering or thinking of too many things at a time, because the brain, when unduly pressed, is a great consumer of food, and demands more than the gastric regions can afford to supply without starving some of the other members of the body; that he should never ride when

he can afford the time to walk; that he should promote the case-hardening of his body, by doing everything to obtain a healthy condition of its outer covering, the skin; and that for this purpose the "Thermo-Therapæia," or the "Heat-cure," was well deserving his attention.

The Heat-cure, by means of the Roman or Turkish baths, is now attracting the attention of the public through the eulogistic representations of Mr. Urquhart and others. Several of these baths have been erected in London, and in various towns in England and Ireland; and as numbers of people may flock to them for novelty sake, without really considering what they are, or what effects really or possibly may result from their use, a very brief account of them may be serviceable,

especially to those persons who, whether well or ill, or neither the one nor the other, are now in such a desperate hurry to dissipate their fat or their flatus, and to bring their formidable accumulations within a reasonable extent of waistband by any means within their reach.

The Roman or Turkish Bath, be it known, is not an immersion in water, hot or cold ; nor is it an exposure of the surface of the body to steam or vapour, medicated or otherwise. The bath in question consists of more processes than one, to render it a complete bath, as practised by the ancient Romans, and continued, with some slight modifications, by most of the Oriental nations.

The first portion of the operations of the bath consists, then, in the exposure

of the body to the influence of a high temperature, in a heated room, properly ventilated, for an indefinite period, usually averaging three-quarters of an hour, the temperature ranging throughout from 110° to 150° of Fahrenheit, during the whole of which time perspiration, more or less profuse, flows from every pore of the skin.

The next process consists in shampooing, or frictions, more or less brisk, over the whole of the limbs and body, or of those portions of either as may require to be compressed, rubbed, pummelled, or otherwise shaken up or roughly treated, as in the judgment of the operator may appear necessary, or the feelings or endurance of the denuded one may be disposed to submit to. This process usually

occupies about fifteen or twenty minutes, when washing with soap and warm water all over the body follows; the latter, with the secretions from the skin, being afterwards all washed away with warm water.

A douche of cold water follows, to brace and refresh the skin, to close up the pores, and prevent undue relaxation. Reclining on a couch, covered merely with a sheet, for some ten or fifteen minutes, and abstaining from talking or any other exertion, during which time the body cools down to its ordinary temperature, finishes the entire process, and completes the bath. The business of dressing may now be proceeded with.

There are two agencies actively operating upon the system when the body is under the influence of a bath of this de-

scription ; namely, first, the impetus given by the high degree of heat to the heart's action, and through it to the sub-systems, the nervous, secretory, and absorbent ; and, secondly, the rapid abstraction of a large amount of the fluid secretions of the skin.

That these combined operations are powerful in their action, in a high degree, does not admit of a doubt. That the sensations are most soothing and agreeable during the entire operation of taking a bath, the writer of these remarks can, from personal experience, most conscientiously affirm ; although the process, occupying nearly two hours, is fatiguing. But it would be wise to bear in mind that powerful agents have an evil as well as a beneficial tendency, according as they are

made use of by skilful or unskilful operators, and that the consequences are, as a matter of course, contingent.

The Roman bath is new in England, although well known abroad, particularly in the East; and it remains to be seen whether it is a process equally well adapted, as a general habit, for the heavy feeders of Great Britain, as it appears to be for the rice-fed and coffee-drinking Orientals.

The subject is being thoroughly ventilated by learned, earnest men; and the public will soon have a multitude of advisers, with *pro* and *con* opinions on the subject, to decide from. For the present, then, we give a caution to everybody tempted to try them, not to attempt a high temperature unadvisedly; and we

recommend them to believe only a quarter of the good things they are said to be able to do.

They may dissipate fat gradually; but we know not what to say about the flatus; and nobody but a madman would ever believe it possible that the skin could eject, without bursting, anything but perspiration; and that, consequently, nine-tenths of what remains of the liquid and solid ingesta, after the unfortunate gastric regions have digested, assimilated, and converted as much as they are capable of doing into Englishmen of the nineteenth century, the residue has still to be disposed of; and we know full well this can only be accomplished in some other manner than through the medium of a Roman or a Turkish bath.

Its utility as a *modus medendi* is a totally different affair.

We also made it clear to Buckskin's mind, that as the condition of body at which he had arrived, had taken some years to bring about, he could not expect us by any *hocus pocus* prescription to fine him down in as many days. Time is an essential element in all things, and in nothing is time more essential or more required than in the repair and restoration of disordered or faded humanity.

With Buckskin's drill, exercises, or special military discipline, we have nothing whatever to do, nor even with his training in any of its minuter details. We have had a rattling run with him over the gastric regions, and taken a hurried inspection into the victualling department,

and we have found him a very cheerful and agreeable companion, very observant, and ready to be advised.

We hope that our *ideal* Buckskin—whose person and condition we have imagined, to serve a purpose—has been equally amused as ourselves, and that his companions in arms and himself may have derived some information worth attending to during our short field-day together; so we now bid him and them a cordial, hearty farewell.

And now for a brief retrospect of the subjects touched upon in our remarks on the gastric regions, and the consequences that have followed from their mismanagement:—the hair fading and falling off, likening men under forty to Capuchin friars; the teeth, intended to bite a crust

or a hard biscuit, unable, without grumbling, to indent an omelet; the whiskers crestfallen, the breast heaving, the heart beating; fat and flatus accumulating, and the waistband advancing, the back receding; and the whole outward and inward man, from the crown of his head to the corns on his little toes, all—all tell the sad tale of the gastric regions' wrongs, and of the evils that have been inflicted upon them ever since their owners undertook to victual them themselves.

Our object in these observations on some of the consequences of our present system of dicting, has been, not to *frighten* but to *laugh* our readers into a little *self-denial*; to induce them, by the exercise of their own good sense, to cast away some of the dangerous ingredients that form a

portion of their daily fare, and thus to spare themselves much future diseomfort by the timely exercise of some little present *self-command*; and for the due and efficient encouragement of those cardinal virtues, we recommend them earnestly, as a preliminary step, *to look at the clock*, and measure out time eorrectly.

Begin early, and determine as nearly as possible the number of hours that are to eonstitute the day, and when those hours are accomplished, seek and seeure, if by any means possible, quiet rest and sleep for the remaining portion of the twenty-four. These latter eonditions are as essential to health as wholesome food, exereise, and intellectual occupation or enjoyment are. No one can neglect either the one or the other, and not suffer for it.

Allow a proper time for work, for relaxation and refreshment, and above all for repose and reflection, and the result will assuredly end in temperance and moderation in all things. The clear skin, beaming eyes, rosy cheeks, strength, muscularity, cheerfulness, will all return again, and with them, the grateful, heartfelt satisfaction that the bountiful gifts of Providence having been properly used, and not unsparingly abused, by the rich, have left a larger and more abundant portion to satisfy the wants and necessities of the poor.

A few words more before we dismiss our friend Buckskin and the Volunteers; we are sure neither he nor they will

consider them, just now, either inopportune or inappropriate.

At the commencement of the present century, a mighty confederation of European States, at the instigation and under the direction and control of a military despot, formed a hostile league against England,—its object being to cripple her trade, injure her commerce, destroy her maritime power, and otherwise humiliate her by the actual invasion of her soil. History will inform you that England at this period stood almost alone and single-handed to brave all Europe in arms against her.

The decrepit old men you see among you, tottering with faltering steps to their final rest, were the volunteers of that day. Those venerable men, broken by age and

infirmity, stood then shoulder to shoulder, with hearts as stout, arms as strong, patriotism as unflinching, and with bravery as firm and true as the bright steel they clutched, or the gallant army or navy with whom they were associated ; they are all that are left us of that generation of heroes who protected this kingdom when your own fathers and mothers were for the most part in their cradles. By God's espeeial providence, against all odds, they baffled and defeated their sovereign's enemies by sea and land, and preserved the nation's honour unsullied ; — their watchwords, "No surrender !" "Come if you dare !"

We need not name mothers, sisters, children, or espeeially sweethearts or wives, as incentives to you to beecome

efficient. Men ignorant and untutored everywhere become courageous for such objects; but the aged, time-honoured men who yet remain among you, regard and affectionately reverence them; cling to them like the young ivy twining round the noble monuments of a generation fast passing away; support them while any portion remains, and when all have crumbled into dust, *treasure well the inheritance they have bequeathed to you.*

Our life upon it, the last old hero to the end will whisper, "No surrender!" "Come if you dare!"

Volunteers of 1860! men of the day! trusting in God, we depend upon you.



